



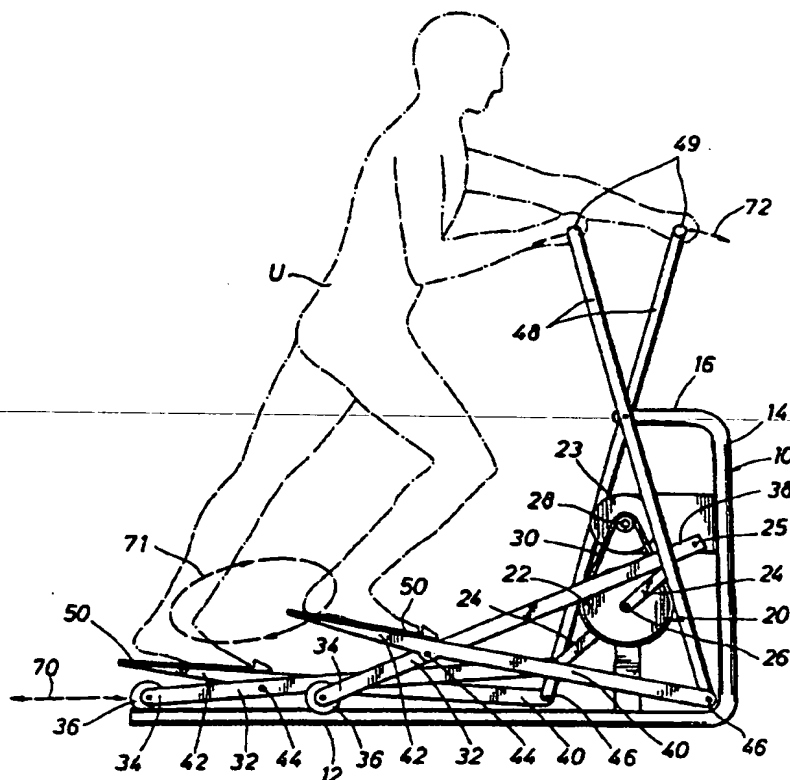
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(54) Title: STATIONARY EXERCISE APPARATUS

(57) Abstract

A stationary exercising device which promotes cardiovascular exercise yet minimizes impact to critical joints, is disclosed. A base frame (12) supports a pair of reciprocating members (40) which are displaced in a horizontal direction parallel with the floor at one end yet reciprocate in a circular motion at the other end through a coupling system (32) attached to the frame. Structure is included which permits each foot of the user to move in a closed loop path (71), preferably a generally elliptical path during the climbing exercise. This provides for more natural movement of the knee and ankle joints minimizing unnecessary stress on the joints yet permitting a cardiovascular workout, and means for orienting the bottoms of the users feet so that foot platforms of the device remain substantially parallel to a reference plane while following the closed, preferably elliptical path. The device may also include linkage (48) to facilitate a corresponding upper body exercise.



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1 STATIONARY EXERCISE APPARATUS**Inventor:** RODGERS ROBERT E JR**Applicant:** CCS LLC (US)**EC:** A63B23/04B3; B62K3/00B; (+2)**IPC:** A63B22/04; A63B69/16**Publication info:** **WO9622814** - 1996-08-01

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